

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 130: Cups of Fruits Reported per 1,000 Calories and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Cups of Fruits per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.9 Cups/1,000 Calories)
Total	0.7	32.6
Gender		
Boy	0.7	31.4
Girl	0.8	33.7
Ethnicity		
Hispanic	0.8*	36.0*
Non-Hispanic	0.6	22.6
Parent Education		
Less than High School	0.8	34.4
High School Graduate	0.7	31.0
Some College/Graduate	0.7	31.3
Overweight Status		
Not Overweight	0.7	31.1
Overweight/Obese	0.7	34.1
Physical Activity		
≥ 60 minutes	0.8	36.4
< 60 minutes	0.7	27.7
School Breakfast		
Yes	0.8	34.1
No	0.7	32.4
School Lunch		
Yes	0.7	31.8
No	0.7	32.9
Fast Food		
Yes	0.5	20.9
No	0.8	34.4
Nutrition Lesson		
Yes	0.8	34.0
No	0.7	30.3

Healthy People 2020 (HP2020), NWS-14: Increase the contribution of fruits to the diets of the population aged 2 years and older. Baseline: 0.5 cup equivalents of fruits per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (NHANES, CDC, NCHS and USDA, ARS). Goal: 0.9 cup equivalents per 1,000 calories.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 131: Cups of Vegetables Reported per 1,000 Calories and Proportion Meeting the Healthy People 2020 Goal Among California Children (N=334)

	Mean Cups of Vegetables per 1,000 Calories	Percent Meeting <i>HP2020</i> (1.1 Cups/1,000 Calories)
Total	0.6	12.9
Gender		
Boy	0.6	9.8
Girl	0.6	15.5
Ethnicity		
Hispanic	0.6*	14.8
Non-Hispanic	0.5	7.1
Parent Education		
Less than High School	0.6	16.0
High School Graduate	0.5	8.5
Some College/Graduate	0.6	12.5
Overweight Status		
Not Overweight	0.5	11.5
Overweight/Obese	0.6	14.3
Physical Activity		
≥ 60 minutes	0.6	13.4
< 60 minutes	0.6	11.8
School Breakfast		
Yes	0.5	15.9
No	0.6	12.4
School Lunch		
Yes	0.5	12.9
No	0.6	12.9
Fast Food		
Yes	0.5	2.3*
No	0.6	14.4
Nutrition Lesson		
Yes	0.6*	14.8
No	0.5	9.2

Healthy People 2020 (HP2020), NWS-15.1: Increase the contribution of total vegetables to the diets of the population aged 2 years and older. Baseline: 0.8 cup equivalents of total vegetables per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 1.1 cup equivalents per 1,000 calories.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 132: Cups of Dark Green Vegetable, Red and Orange Vegetables, and Legumes Reported per 1,000 Calories and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Cups of Dark Green and Red/Orange Vegetables and Legumes per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.3 Cups/1,000 Calories)
Total	0.3	32.0
Gender		
Boy	0.3	29.4
Girl	0.3	34.3
Ethnicity		
Hispanic	0.3*	35.2*
Non-Hispanic	0.2	22.6
Parent Education		
Less than High School	0.3	35.9
High School Graduate	0.2	29.6
Some College/Graduate	0.3	28.1
Overweight Status		
Not Overweight	0.3	29.7
Overweight/Obese	0.3	35.7
Physical Activity		
≥ 60 minutes	0.3	30.6
< 60 minutes	0.3	33.6
School Breakfast		
Yes	0.2	25.0
No	0.3	33.1
School Lunch		
Yes	0.3	24.7
No	0.3	34.5
Fast Food		
Yes	0.2***	23.3
No	0.3	33.3
Nutrition Lesson		
Yes	0.3	33.5
No	0.3	30.3

Healthy People 2020 (HP2020), NWS-15.2: Increase the contribution of dark green vegetables, orange vegetables, and legumes to the diets of the population aged 2 years and older. Baseline: 0.1 cup equivalents of dark green or orange vegetables or legumes per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 0.3 cup equivalents per 1,000 calories.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 133: Ounces of Whole Grains Reported per 1,000 Calories and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Ounces of Whole Grains per 1,000 Calories	Percent Meeting <i>HP2020</i> (0.6 Ounces/1,000 Calories)
Total	1.1	54.2
Gender		
Boy	1.0	51.6
Girl	1.1	56.4
Ethnicity		
Hispanic	1.2*	58.8**
Non-Hispanic	0.8	40.5
Parent Education		
Less than High School	1.3** a	64.9**
High School Graduate	0.8 b	49.3
Some College/Graduate	1.0 ab	45.3
Overweight Status		
Not Overweight	1.1	57.4
Overweight/Obese	0.9	46.8
Physical Activity		
≥ 60 minutes	1.1	58.4*
< 60 minutes	1.0	47.1
School Breakfast		
Yes	0.8*	45.5
No	1.1	55.5
School Lunch		
Yes	1.0	57.6
No	1.1	53.0
Fast Food		
Yes	0.6**	34.9**
No	1.2	57.0
Nutrition Lesson		
Yes	1.1	52.6
No	1.0	57.1

Healthy People 2020 (HP2020), NWS-16: Increase the contribution of whole grains to the diets of the population aged 2 years and older. Baseline: 0.3 ounce equivalents of whole grains per 1,000 calories was the mean daily intake by persons aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS) Goal: 0.6 ounce equivalents per 1,000 calories.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 134: Mean Percentage of Total Daily Calorie Intake Provided by Solid Fats and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Percentage of Calories from Solid Fats	Percent Meeting <i>HP2020</i> (16.7% of Calories)
Total	11.6	88.3
Gender		
Boy	11.7	85.0
Girl	11.5	91.2
Ethnicity		
Hispanic	11.4	88.8
Non-Hispanic	12.1	86.9
Parent Education		
Less than High School	11.4	88.5
High School Graduate	11.6	90.1
Some College/Graduate	11.7	87.5
Overweight Status		
Not Overweight	11.4	89.9
Overweight/Obese	11.9	84.9
Physical Activity		
≥ 60 minutes	11.3	90.0
< 60 minutes	11.8	89.1
School Breakfast		
Yes	11.8	90.9
No	11.6	87.9
School Lunch		
Yes	12.1	85.9
No	11.4	89.2
Fast Food		
Yes	12.3	93.0
No	11.5	87.6
Nutrition Lesson		
Yes	11.4	89.5
No	12.0	85.7

Healthy People 2020 (HP2020), NWS-17.1: Reduce consumption of calories from solid fats. Baseline: 18.9 percent was the mean percentage of total daily calorie intake provided by solid fats for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 16.7 percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 135: Mean Percentage of Total Daily Calorie Intake Provided by Added Sugars and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Percentage of Calories from Added Sugars	Percent Meeting <i>HP2020</i> (10.8% of Calories)
Total	14.3	39.5
Gender		
Boy	15.1	35.9
Girl	13.5	42.5
Ethnicity		
Hispanic	13.6*	42.8*
Non-Hispanic	16.3	29.8
Parent Education		
Less than High School	13.6	44.3
High School Graduate	14.9	32.4
Some College/Graduate	14.6	38.3
Overweight Status		
Not Overweight	14.2	39.9
Overweight/Obese	14.8	37.3
Physical Activity		
≥ 60 minutes	14.6	40.2
< 60 minutes	14.1	37.0
School Breakfast		
Yes	13.2	43.2
No	14.4	39.0
School Lunch		
Yes	13.6	43.5
No	14.5	38.2
Fast Food		
Yes	16.6	20.9**
No	13.9	42.3
Nutrition Lesson		
Yes	13.9	41.1
No	14.9	37.8

Healthy People 2020 (HP2020), NWS-17.2: Reduce consumption of calories from added sugars. Baseline: 15.7 percent was the mean percentage of total daily calorie intake provided by added sugars for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 10.8 percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 136: Mean Percentage of Total Daily Calorie Intake Provided by Solid Fats and Added Sugars and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Percentage of Calories from Solid Fats and Added Sugars	Percent Meeting <i>HP2020</i> (29.8% of Calories)
Total	25.9	69.8
Gender		
Boy	26.8	67.3
Girl	25.1	71.8
Ethnicity		
Hispanic	25.0**	74.0**
Non-Hispanic	28.4	57.1
Parent Education		
Less than High School	25.0	74.0
High School Graduate	26.6	66.2
Some College/Graduate	26.3	67.2
Overweight Status		
Not Overweight	25.6	70.9
Overweight/Obese	26.7	64.3
Physical Activity		
≥ 60 minutes	25.8	69.9
< 60 minutes	25.9	69.7
School Breakfast		
Yes	25.0	75.0
No	26.0	69.0
School Lunch		
Yes	25.7	71.8
No	25.9	69.1
Fast Food		
Yes	28.9*	60.5
No	25.4	71.1
Nutrition Lesson		
Yes	25.3	69.9
No	26.8	69.7

Healthy People 2020 (HP2020), NWS-17.3: Reduce consumption of calories from solid fats and added sugars. Baseline: 34.6 percent was the mean percentage of total daily calorie intake provided by solid fats and added sugars for the population aged 2 years and older in 2001–04 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 29.8 percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 137: Mean Percentage of Total Daily Calorie Intake Provided by Saturated Fat and Proportion Meeting the *Healthy People 2020* Goal Among California Children (N=334)

	Mean Percentage of Calories from Saturated Fat	Percent Meeting <i>HP2020</i> (9.5% of Calories)
Total	10.3	42.8
Gender		
Boy	10.3	43.1
Girl	10.3	42.5
Ethnicity		
Hispanic	10.2	44.4
Non-Hispanic	10.7	38.1
Parent Education		
Less than High School	10.2	48.9
High School Graduate	10.3	42.3
Some College/Graduate	10.4	36.7
Overweight Status		
Not Overweight	10.2	42.6
Overweight/Obese	10.6	40.5
Physical Activity		
≥ 60 minutes	10.1	44.5
< 60 minutes	10.3	42.0
School Breakfast		
Yes	10.6	36.4
No	10.3	43.8
School Lunch		
Yes	10.8	32.9*
No	10.2	46.2
Fast Food		
Yes	11.0	18.6***
No	10.2	46.4
Nutrition Lesson		
Yes	10.2	44.5
No	10.6	37.8

Healthy People 2020 (HP2020), NWS-18: Reduce consumption of saturated fat in the population aged 2 years and older. Baseline: 11.3 percent was the mean percentage of total daily calorie intake provided by saturated fat for the population aged 2 years and older in 2003–06 (age adjusted to the year 2000 standard population) (NHANES, CDC, NCHS and USDA, ARS). Goal: 9.5 percent.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 138: Nutritional Goals by Gender Based on Dietary Reference Intakes and Dietary Guideline Recommendations (N=334)

Nutrient (units)	Source of Goal^a	Guidelines for Girls, 9-13	Girls, 9-11, Mean	Guidelines for Boys, 9-13	Boys, 9-11, Mean
Macronutrients					
Protein (g)	RDA ^b	<i>34</i>	53	<i>34</i>	52
(% of calories)	AMDR ^c	<i>10-30</i>	16	<i>10-30</i>	16
Carbohydrate (g)	RDA	<i>130</i>	190	<i>130</i>	189
(% of calories)	AMDR	<i>45-65</i>	55	<i>45-65</i>	55
Total fiber (g)	IOM ^d	<i>22</i>	13	<i>25</i>	13
Total fat (% of calories)	AMDR	<i>25-35</i>	29	<i>25-35</i>	29
Saturated fat (% of calories)	DG ^e	<i><10%</i>	10	<i><10%</i>	10
Cholesterol (mg)	DG	<i><300</i>	160	<i><300</i>	154

^a Dietary Guidelines recommendations are used when no quantitative Dietary Reference Intake value is available; apply to ages 2 years and older.

^b Recommended Dietary Allowance, IOM.

^c Acceptable Macronutrient Distribution Range, IOM.

^d 14 grams per 1,000 calories, IOM.

^e Dietary Guidelines recommendation.